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Water Therapy has magical effects in curing diseases. Everybody has experienced a positive change in their health after implementing **water therapy** in their daily routine. You can never believe it before practicing.

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[How To Do Water Therapy?](#)

Early morning, after you get up from bed, (without even brushing your teeth) drink 1.50 liters of water i.e. 5 to 6 glasses. You may wash your face thereafter. This is called water therapy.













Here it is very essential to note that nothing else, neither drinks nor solid food of any sort should be taken within 1 hour before and after drinking these 1.5 liters of water. It is also to be strictly observed that no alcoholic drinks shall be taken the previous night.

If required, boiled and filtered water may be used for this purpose. Is it possible to drink 1.50 liters of water at one time? To begin with, one may find it difficult to drink 1.50 liters of water at one time, but one will get used to it gradually.

Initially, while practicing you may drink four glasses first and then the balance two glasses after a gap of 2 minutes. Initially you may find the necessity to urinate 2-3 times within an hour, but it will become normal after quite some time.

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Benefits of Water Therapy

Relief from stress, weight loss, glowing skin, feeling fresh and energetic throughout the day and good digestion are some of the major benefits of **water therapy**. Have a look at some of the comments below made by people after trying water therapy.

1. Ever since I started this water therapy, I have noticed a glow on my skin, my eyes sparkle, and I feel so clean and so beautiful. I noticed that I always have a bowel movement after my water therapy and my constipation is gone.

2. Water therapy is just amazing! Though I have to urinate a lot of times in an hour but it makes sense. It makes me feel so good and so good. Thanks to this water therapy! Thank GOD for giving us the water to drink.

3. Water therapy is really wonderfully beneficial. So much that people who have not practiced this can't even imagine. It makes your body thoroughly clean and pure from inside and outside. I recommend that everybody should start practicing water therapy to keep tremendously fit and disease free.

About Water Therapy

It is popular in Japan and India today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value.

They publish below a description of use of water in water therapy for their readers. For old and serious diseases as well as modern illnesses, the water therapy treatment had been found successful by a Japanese medical society as a hundred percent cure for the following diseases

- Headache
- Body Ache
- Heart System
- Arthritis
- Fast Heart Beat
- Epilepsy
- Excess
- Fatness
- Bronchitis
- Asthma
- TB
- Meningitis
- Kidney and Urine diseases
- Vomiting gastritis

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- Diarrhea
- Piles
- Diabetes
- Constipation
- All Eye Diseases
- Menstrual Disorders
- Ear Nose
- Throat Diseases

Water Therapy - Method of Treatment

1. As you wake up in the morning before brushing teeth, drink 4-6 glasses of water each of 160 ml.
2. Brush and clean the mouth but do not eat or drink anything for 45 minutes.
3. After 45 minutes you may eat and drink as normal.
4. After 15 minutes of breakfast, lunch and dinner do not eat or drink anything for two hours.
5. Those who are old or sick and are unable to drink four glasses of water at the beginning may commence by taking little water and gradually increase it to four glasses per day.
6. The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure main diseases:

1. High **Blood Pressure** - 30 days
2. Gastric - 10 days
3. Diabetes - 30 days
4. Constipation - 10 days
5. TB - 90 days

Arthritis patients should follow the above treatment for only 3 days in the first week to be followed by daily treatment. This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

Are you drinking the amount of water you should drink every day?

How does pure water help the body?

Consuming ordinary drinking water by the right method purifies human body.

It renders the colon more effective by forming new fresh blood, known in medical terms as Haematopais. That the mucousal folds of the colon and intestines are activated by this method, is an undisputed fact, just as the theory that new fresh blood is produced by the mucousal fold. If the colon is cleansed then the nutrients of the food taken several times a

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day will be absorbed and by the action of the mucousal folds they are turned into fresh blood. The blood is all-important in curing ailments and restoring health and for this water should be consumed in a regular pattern. This is why **water therapy** is recommended to be added to your daily routine.

Related Information on Water Therapy

- [The Miracles of Water to Cure Diseases](#)
- [Drinking Water to cure internal /external infections](#)
- [Could Drinking Water Cure Your Ailments?](#)
- [Treating Cancer and Disease by Drinking Water](#)
- [The Water Cure Recipe](#)

Important: Please note there are no scientific evidences of this theory to be true. I am just sharing what was shared with me. I've searched on the web for the Japanese medical society who claimed this water theory to be true but was unable to find any clue. If you have any clue, please post it as the comment.

Good Health to all of you with Water Therapy!



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File Attachments

- [man_drinking_water.jpg](#)

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 **User Comments**[Add Comment](#) chakshu_goyal@yahoo.co.in on Mon, Jan 22nd, 2007 at 9:52 AM

what do you mean by this "Arthritis patients should follow the above treatment for only 3 days in the first week to be followed by daily treatment" what should they exactly do in the 1st week. and should the treatment be continued in 2nd week by arthritis patients and if yes, how, only 3 days of the 2nd week or regular and how long(weeks or day) to continue it for arthritis patients?

 alkalieleven@hotmail.com on Thu, Feb 15th, 2007 at 2:22 AM

What about all those dirty germs in your mouth when you wake up in the morning? Do you just wash them down your throat with those 4 glasses of water?? Aren't they harmful? What are the consequences? Seems a bit unhygienic. I wouldn't mind trying this out, but the germs thing is a major problem for me, psychologically at least. Can I please get a serious reply on this matter? Thank you.

 vinoadgoel@gmail.com on Tue, Apr 17th, 2007 at 8:55 AM

what does it mean that 15 minutes after lunch, dinner u can't eat or drink any thing. Does it mean that after lunch and dinner u can drink or eat any thing in 15 minutes time?

 vinoadgoel@gmail.com on Tue, Apr 17th, 2007 at 9:01 AM

4 glasses of 160ml. Does it mean that we have to drink 4 glasses of 160ml each OR can drink 640 ml water in one go i.e. in a jug etc. Can we drink more than 640 ml water too?

 erlendhavneraas@hotmail.com on Mon, Sep 3rd, 2007 at 8:29 AM

Point 4 is unclear; do we drink after lunch and dinner, or, not ??!!!

 jameskella@yahoo.com on Wed, Sep 26th, 2007 at 4:54 AM


Why only before brushing teeth, why not after brushing and mouth cleaning process. Please clarify? Thank you. James

 jaineg@up4it.net.nz on Thu, Oct 11th, 2007 at 9:18 PM

Did anyone get any answers to their questions - I would be keen to give this ago, but certainly require some clarity on some of the questions below.

 gautamkaji2003@yahoo.com on Tue, Oct 16th, 2007 at 1:11 AM

This is very helpful for at least constipation and fat reduction

 nehi_s@yahoo.com on Tue, Oct 23rd, 2007 at 5:28 PM

Where can I find the answers to the previous questions, they all are questions that came to mind after reading the article.

 sumith_vora@yahoo.com on Sat, Nov 3rd, 2007 at 6:42 AM

Please make point 4 clear for me. I will be waiting for your reply. Thank you.

 lala@lili.com on Sun, Nov 4th, 2007 at 10:19 PM


To chakshu_goyal, it's already stated clearly that 'arthritis patient should follow the above treatment for only 3 days in the first week to be followed by daily treatment' Meaning in the first week, the patient will only have to practice this for 3 days only. It's better if the patient practice it in alternate days. For example, Monday, Wednesday, and Friday, and on the following week, the patient can do it as daily practice. I think it is to 'warm up' the stomach to be able to 'accept' the new practice.

 lala@lili.com on Sun, Nov 4th, 2007 at 10:21 PM

To alkalieleven, that's why you must brush your teeth before going to bed! Don't worry it won't harm your body. It's way better to swallow the germs in your mouth rather than eating oily and fried food like KFC and McDonalds!

 lala@lili.com on Sun, Nov 4th, 2007 at 10:24 PM

To vinoadgoel, after you had your breakfast, rest for a while and do not eat or drink anything for 2 hours, then only you can eat or drink something else. Same goes to after you had your lunch and dinner. Just drink 4 glasses of water. Clear?

 lala@lili.com on Sun, Nov 4th, 2007 at 10:26 PM

To erlendhavneraas, it stated 'After 15 minutes of breakfast, lunch and dinner DO NOT eat or drink anything for two hours' When it stated DO NOT, it means you CAN'T drink or eat anything for 2 hours after you had your meal!

 robson23@spamgourmet.com on Wed, Nov 21st, 2007 at 1:35 PM

Water is THE essential substance your body needs. I wouldn't recommend to drink 1.2 liters, but at least 2 liters per day! Starting in the morning with a third of that, i.e 640ml, sounds like a reasonable refill to your bod's water household. Dehydration is a big problem for elderly people! Tell them to drink...drink...drink water.

 terrawhistle@yahoo.com on Tue, Nov 20th, 2007 at 1:49 PM

Can you name the studies, scientists, and institutions which have conducted the research validating your claims? Are these studies published in any scientific journals? Are they printed in English?

 dero@gmx.net on Tue, Nov 20th, 2007 at 2:21 PM

good and simple!

 amyamyamyhartman@gmail.com on Tue, Nov 20th, 2007 at 9:20 PM

What about four glasses of malt liquor? I drink three glasses of malt liquor each morning before I brush my teeth. Do you recommend increasing it to four? Perhaps three glasses of malt liquor and one glass of water. Should I wait until I drink before I smoke my first cigarette of the day? Please answer me promptly. I'm very concerned about my health. Thanks.

 email@nospam.org on Wed, Nov 21st, 2007 at 12:56 AM

It is common knowledge in the medical field that a person should drink approximately 40 US fl oz (~1.2 Liters) during the course of a day. Chronic dehydration can cause or exacerbate all of the aforementioned conditions. In fact, spreading the consumption of water over the course of the day may be healthier, as a sudden diluting of the blood can cause negative symptoms.

 imasandwich@yahoo.com on Wed, Nov 21st, 2007 at 7:33 PM

It cures diabetes? I thought there was no known cure for diabetes. Type 1 or type 2 diabetes? I'm skeptical.

 genesis1693@gmail.com on Wed, Nov 21st, 2007 at 9:09 PM

yes, your mouth has lots of germs but also has a lot of germ killing power and most of the germs in your mouth are what they call normal flora (which means they are in you and on you at all times). Anyways they will cause no problems for your stomach acid.

 Mortal.Light.13@gmail.com on Thu, Nov 22nd, 2007 at 9:11 AM

To alkalieleven, brushing your teeth in the morning has nothing to do with keeping germs from being swallowed; It's used to decrease the amount of bacteria on your teeth to fight

tooth decay. Swallowing the bacteria has no effect, as your stomach acid kills it off. Besides, since there is always bacteria in your mouth (yes, even after using mouthwash) whenever you eat something, you are ingesting some of the bacteria from your mouth.

 william@decloned.com on Sat, Nov 24th, 2007 at 9:58 AM

While I think that some of the information contained in this article may be true, has no one looked at the source of where this is coming from? This is a demo article for a knowledgebase script. "PHPKB 1.5 Knowledge Base Script - Demo Knowledge Base Management Software"

 ambenico@yahoo.com on Thu, Nov 29th, 2007 at 9:03 AM

I have personally tried this water therapy, even before a friend forwarded me this site and it works wonders! I always drank a bottle of warm water without knowing about any such study because of how it made me feel good. If you don't believe it, please get out of the site and stop asking for "scientific study". The same science people are the ones killing you everyday with their toxic drugs.

 kcstrata@gmail.com on Thu, Nov 29th, 2007 at 12:58 PM

Just because it is a knowledge base script doesn't invalidate the advice because it is very beneficial.

 harry_woolen@excite.com on Sat, Dec 1st, 2007 at 3:33 PM

"I am a researcher. I have researched dehydration for the past 20 years. When I discovered that the solution to most of the disease conditions of our society is not a money maker, I decided to take my information to the public. My research revealed that unintentional dehydration produces stress, chronic pains and many degenerative diseases. Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. Medicine has based its understanding that it is solid matter in the body that regulates all functions of the body. I have explained scientifically at the molecular level that it is water that regulates all functions of the body including functions of solid matter. 75 % of our bodies are composed of water. The brain is 85% water. It is water that energizes and activates the solid matter. If you don't take enough water, some functions of the body will suffer. Dehydration produces system disturbances. When I use the word water cure, I am referring to curing dehydration with water." - **Fereydoon Batmanghelidj, M.D.**

"You're not sick; you're thirsty. Don't treat thirst with medication." - Dr. F. Batmanghelidj

"Book: [Your Body's Many Cries For Water](#)"

Commentary on Dr. B. and his ground-breaking work:

- Dr. B. challenges his colleagues to learn more about the effects of water in human body An editorial article by Paul Harvey
- Dr. B. May Have the Last Laugh, Health & Healing News letter by Dr. J. Whitaker
- Healing with Water, the Work of "Water Cure" Pioneer Dr. Batmanghelidj An editorial by Mike Adams of News target
- Water, The Stuff of Life Editorial by Philip Day, E-club, UK

Book Reviews:

- Reviews from the Print Media
- Reviews from Medical & Health Professionals
- Readers Rejoicing

 gordy.wilson@insightbb.com on Thu, Nov 29th, 2007 at 7:45 PM

I keep a 54 ounce keg of ice water beside me 24/7. I drink whenever I am thirsty which is often since my body is used to being hydrated. I have found similar benefits without the complicated regimen. I am a moderate spirits drinker and never have a hangover since my body stays hydrated and doesn't try to replace water with alcohol.

 nospam@mail.com on Tue, Nov 27th, 2007 at 5:24 PM

If the germs in your mouth were going to cause you any problem when you washed them down, they'd be doing damage to you all night. It is not unhygienic to drink water in the morning before you brush your teeth.

 havokinator@yahoo.com on Fri, Feb 8th, 2008 at 3:52 AM

Does normal water is ok for the therapy or some special water or Mineral water to be drank to the treatments?

 rashed@yahoo.com on Sat, Feb 9th, 2008 at 3:28 AM

Good therapy, thanks.

 jsencio_ibm@yahoo.com on Mon, Mar 3rd, 2008 at 9:35 AM

Regarding after 15 minutes of eating breakfast, lunch or dinner - you eat and drink within the 15 minutes duration. After that you have to wait for 2 hours before you consume another beverage or food.

 thebeaddoodler@live.com on Fri, Mar 21st, 2008 at 8:58 AM

Great article. I've heard of the water cure from the country of India, but I wasn't aware it was used in other countries as well

 ditagf31@yahoo.com on Fri, Mar 21st, 2008 at 12:58 PM

I have a question. For how long we have to take this tretatment of water therapy? It is writen for only five kind of sickness but for other diseases it is not written for how many days have to use treatment of water therapy.

 writeshiva@yahoo.com on Fri, Mar 28th, 2008 at 11:58 PM

Great! My father has been in taking 1 litre of water in every morning before brushing for the last 3 yrs. He is 65 yrs old and he is very active and not even getting his asthma which he and I also got which is hereditary. Somehow, I and my rest of the family planning to start this from tomorrow only! Happy Water Therapying!

 cf@visionwrks.com on Thu, Apr 10th, 2008 at 1:12 PM

Is it necessary to drink the water quickly, or can you drink it over a period of an hour or so as long as you do not eat?

 anonymous@anonymous.com on Sat, Apr 12th, 2008 at 12:12 AM

My wife used to have her glucose level (Fasting) between 100 to 115. She has been trying to reduce it since past 6 months (Without medication, but through exercises and diet). She is able to make some progress, but it is coming back, the moment she comes to normal diet. But after starting water therapy (1.5 liters) very morning and approx 4 liters daily (Just pure water), her glucose level came to 75 to 90 (Fasting in the morning). She is also doing Pranayama. So this might also helped her.

 yrsramish@hotmail.com on Fri, Apr 11th, 2008 at 5:54 AM

What a miracle! 1400 years ago in arab world where no scientific knowledge was present; Prophet Mohammad adviced his followers the same treatment to drink water early in the morning after waking up. Now modern research do the same!

 srrajeshau@gmail.com on Tue, Apr 15th, 2008 at 11:39 PM

All in my family started doing water therapy a month back and haven't seen any adverse effect till now. In fact we feel more refreshed and relaxed all through the day. Added to that, we do 15 minutes of exercise/yoga followed by 15 minutes of meditation. This we have been doing for about 5 months now. Hope this helps. Have a healthy mind and body. Good luck

 yahya.ghaznavi@hartpury.ac.uk on Fri, May 23rd, 2008 at 2:33 AM

Can water treat gums diseases?

 mamabear83167@yahoo.com on Wed, Jun 11th, 2008 at 9:43 AM

Praise God! That is great news. Keep up the good work. I have been doing water therapy for a month now. My reasons are for weight loss. I have been walking everyday since September and lost something like 3 or 4 pounds. I hate diets and diet pills or any medications so I refuse use any. In fact, I totally support the holistic approach 100 percent. Another reason for me wanting to try the water therapy is because I am just so tired all the time. Even after a good night sleep. During the day, I even fall asleep at my desk and not even realize it. One month later, I am not tired, I have more energy, that sluggish feeling I get in the morning is gone. I can almost wake up without the help of an [alarm clock](#). I have no more food cravings. The best part of it all; is that I lost 10 pounds! In a month! I still will not diet, and I still walk when it's not so hot. Lord willing, Water therapy is going to be a daily routine of mine from days to come. I know there are so many medical terms out there for the conditions I described and drugs to treat them. I chose water.

 sizzlingmushroom@hotmail.com on Mon, Jun 9th, 2008 at 11:50 PM

It has been a 3days since I've started drinking 1.5 liter on my empty stomach. It's a great to know that the cyst on my right thigh getting smaller and smooth unlike before it feels like big and like stone when it touch. Now it is my 4th day drinking 1.5 liter water every morning when I reach at the office. Just try to do this, nothing's bad. It's better than smoking cigarette and taking medicine that cause hearing loss and besides its only water its not may cause you anything nor bad to your health but of course you need to go to the toilet room to reduce water you intake if not it will cause you appendicitis.

 shafeeq7002@gmail.com on Mon, Jun 16th, 2008 at 6:57 AM


This practice of drinking water in empty stomach (water therapy) is very helpful to me because I am the person who is doing this process for the last 5 years.

 cool_cocaine@yahoo.com on Fri, Jul 18th, 2008 at 3:11 PM

I have been doing that for almost 10 years now. My father did that for all his life. He was a chain smoker and workaholic. He never had any health issues. His skin was flawless and did not wear glasses till very late in his life. This works. Another explanation is that during the night, saliva gets concentrated and it is the best medicine for a lot of illness hence it is very important to drink water without brushing or cleaning the mouth. Drink a cup of green team after 30 minutes for best results. Another variation is to do Kapalbhathi (one of the pranayams) after 30 minutes of drinking water. The results are similar to turning on a [washing machine](#) with dirty cloths.

 bayoyz001@yahoo.com on Tue, Jul 29th, 2008 at 3:43 AM

Can water therapy bust immune system? I used to take more than 4 cups in the morning. What is the side effect of excess water? Answer: Brother, there are no side effects of water therapy. The amount of water intake depends on one's body.

 tifaeny@yahoo.com on Wed, Jul 30th, 2008 at 5:14 PM

It's simple with very much common sense. Drinking water is a Life giving gift from the Creator of this Universe but humans will have many questions asking why? Just like when Moses led the Egyptians out of Slavery they too were asking, why? Humans need to be asking the Devil questions like why is so many man-made medicines coming and going off of the shelves so quick. Humans even die with Pills still in their stomach. Wake up America! Wake up! Dang, the Devil isn't even clever it's just common sense. I'm going to Pray for those who are seeking but do not know seeking comes from within. Water is the Key to Life. No need to be offended. It's God's Truth; not mine.

 swordfish8@gmail.com on Sun, Aug 3rd, 2008 at 8:19 PM

Hi, I need some help about this water therapy! Like most Indians I use a tongue cleaner to clean the tongue and all the flem, I just can't drink water without using the tongue cleaner, please advice, I don't brush but can I do the tongue cleaning and get rid of all the flem. I have been drinking 1.5 liter of water since last 4 days I feel like to vomit and a bit dizzy. Is this normal?

 chuckbryden@hotmail.com on Sun, Aug 24th, 2008 at 9:46 PM

Can we exercise immediately after drinking the 1.5 liters of water in the morning? Also, why do we have to wait 2 hrs after each meal to eat/drink something? thanks

 ronaldlavina@yahoo.com on Wed, Oct 15th, 2008 at 2:48 AM

Please let me know how long I have to do water therapy in order to reduce my weight? Please answer as soon as possible.

 aalawail@hotmail.com on Sun, Nov 2nd, 2008 at 8:22 AM

It is true that water helps to clear constipation and gastric problems. Ever since I've started water therapy, I have noticed a great change with my health positively.

 jadiknight@artifexgroup.com on Thu, Nov 6th, 2008 at 4:09 PM

Please be careful as you may die from too much water ingestion. It is called hyponatremia or water intoxication death, and occurs when you flush too much salt out of your body, and cause a fatal electrolyte imbalance. Symptoms like Headaches, nausea, disorientation, and dizziness occur, followed by seizures and coma. Death can soon follow. 1.5 liters should not cause this, but if you experience any of the symptoms above, then you probably are ingesting too much water, in one sitting, for your body type. So, please follow the instructions carefully and do not drink too much water in one go.

 lala@lili.lom on Tue, Nov 11th, 2008 at 12:36 AM

This water therapy is really working for me. I've been practicing it for the past 3 months, at first i felt nauseated when i had to drink that much amount of water especially on empty stomach, after a few days, my body starts to get used to it. And I lost 5 kg!

 gejisamuel@yahoo.com on Tue, Dec 23rd, 2008 at 3:12 AM

I have been telling my wife the need to drink a lot of water, after showing her this article, she has changed and she says what she used to feel she is not feeling it again. Water can cure.

 pandian_tdm@yahoo.co.in on Fri, Jan 9th, 2009 at 4:17 AM

Shall we do exercise after drinking water or how long we have to wait for doing exercise after water therapy?

 bucksy@gmail.com on Wed, Jan 21st, 2009 at 9:58 PM

I have been doing this water therapy for a month now and has really cured my **acid reflux**

problem. I would say everyone should do this.

 kalicoqta@yahoo.com on Wed, Mar 11th, 2009 at 3:40 AM

I have gone through your website and found very helpful tips re regarding water therapy. Your contribution in this regard will help the human beings.

 leonied@constantigroup.co.za on Thu, Mar 12th, 2009 at 3:54 AM

I have been practicing water therapy for approximately 1 year and 5 months and have found it to be extremely beneficial. However, I would like to know whether this therapy can be practiced for an indefinite period of time or should one give it a break for a while. Does it put any strain on the kidneys to drink 1 litre of water before brushing teeth in the morning on a regular basis?

 sandy.sud@gmail.com on Tue, Mar 17th, 2009 at 10:47 PM

I have been following this therapy from long time and its giving amazing results. I have a question that why should we wait for 2hr after meals and what exactly the process goes on.

 ravinder469@gmail.com on Sun, Mar 22nd, 2009 at 8:42 PM

There is not an element of doubt that consumption of water in the empty stomach brings the uric acid into its optimum level. This is medically proved and hundreds of patients suffering from problems like gout, swollen joints and even arthritis have been cured through water therapy. Basically, water throws out all the extra levels of crystals that remain present in blood through urine, thus avoiding the crystal deposits in joints.

 joshythomas68@yahoo.com on Tue, Mar 24th, 2009 at 2:03 AM

Wonderful information about Water Therapy.

 mahmud@grandecom.net on Sun, Mar 29th, 2009 at 11:53 PM

My dad gave me this treatment in 1981. He gave me a magazine where there was an article about water therapy. I was so benefitted by doing this therapy. 1260 cc of water; we can measure that from a **baby bottle** 5 of 16 oz cup. Everything on this page was same as of that article except that they recommend to do exercise for about 20 minutes like shaking your body after drinking water so that it will clean better. Just like cleaning a baby milk bottle without shaking you can't clean all the milk from inside and it said don't eat anything for 1 hour after water therapy.

You can do it up to 3 times a day for quick results however your stomach has to be empty before this water therapy. You don't need any weight-loss program if you do this God given therapy i.e. Water Therapy. It will cure all that diseases listed. You will be surprised to know that the food you will eat after the therapy will taste more delicious.

I am 100% positive that you will be benefitted from this therapy but one advise to you that please talk to your doctor that you are ok to drink this much water. Too much water could be bad sometimes. Thank God for water and God bless everyone and help us to get cure from diseases with this free water therapy.

 kwaskwakwa@hotmail.com on Sat, Feb 7th, 2009 at 4:57 AM

Excellent piece of medical information.

 kwaskwakwa@hotmail.com on Sat, Feb 7th, 2009 at 8:11 PM

Rosicrucian Order (AMORC) has known and taught this for many centuries. This is what I know.

 pbarbieri@peoplepc.com on Sun, Feb 8th, 2009 at 5:38 AM

I don't understand 4 glasses of water = 160ml. Please explain. Thanks. Pat

 whitefishneo@hotmail.com on Mon, Feb 9th, 2009 at 4:38 AM

Many people prove that water therapy helps in weight loss. Does water therapy also helps in weight gaining?

 rao.n.tata@gmail.com on Mon, Feb 9th, 2009 at 9:55 AM

Yes, this is really very useful treatment if one follows this as per the guidelines given. I have seen that one of my family members is cured with this.

 nrs@doshionveolia.com on Tue, May 12th, 2009 at 12:45 PM

I have been meticulously and religiously following the water therapy for the last 50 days. I have benefited in respect of my age old chronic sinusitis. But in regards to diabetes, there is no recovery at all. It is not coming even under control inspite of continuing regular medicines. Could you please suggest something?

 mosayplay@hotmail.com on Thu, May 14th, 2009 at 7:18 AM

I am 41-year old now and been using water therapy for over ten years. The truth is that it works, as it has done for me. But the main obstacle is that for economic and other reasons related to governments and pharmaceutical companies, water therapy may never come to be authenticated by the scientific community. So, it is up to the individual to explore this natural cure that they don't want you to know.

 svvignesh@gmail.com on Tue, Jun 16th, 2009 at 9:34 PM

Its really working..! I am doing this from last 6 months and I lost around 15 pounds. My cholesterol level reduced a lot and I feel too good. Thanks for the water therapy.

 tesilim4real2002@yahoo.com on Thu, Jun 25th, 2009 at 2:29 AM

I have just started this water therapy, it help my body combat stress, but I need to urinate many times within the first two hours.

 wiro@gl-group.com on Tue, Jul 14th, 2009 at 11:17 AM

I wish I could have this article printed, so that I could show it to my wife, but I cant because it is in PDF. And I dont have a computer at home.

 vivek_samba@hotmail.com on Fri, Jul 24th, 2009 at 10:19 PM

My experience after one week of water therapy. It feels as if I have taken bath first time in life. I feel light; very light, as if some weight has been removed from all parts of my body. I feel as if I have had a nice session of expert body massage. Consider me crazy but I feel like I have drunk laughing gas. My constipation problem has vanished.

 pam.rami@longandfoster.com on Thu, Jul 30th, 2009 at 2:20 AM

I have been using this water therapy. It's great, makes me feel fresh and healthy all the times. It's worth trying.

 printrobin@gmail.com on Sun, Aug 23rd, 2009 at 11:05 PM

Water therapy is good for human body as it helps in taking put all the toxins out of the body. But a study shows that drinking too much can lead to hyponatremia, in which sodium levels fall, causing an electrolyte imbalance that can make you very sick. So, please drink only as much as required.

 nabeel.ahm.sidd@gmail.com on Sat, Oct 10th, 2009 at 9:07 PM

I was suffering from severe IBS post infection constipation. I must confess that I have yet

not fully applied water therapy but I have doubled my water intake to at least 9 glasses. This water therapy had a great impact on my constipation. I am sure water therapy would be fantastic.

 gbalasubramanian2003@yahoo.com on Sat, Oct 31st, 2009 at 7:33 PM

I am already practicing water therapy for the last 3 years and I am extremely happy. My body gets cleansed everyday and toxins get flushed out. Take good care of yourself.

 dili_69@hotmail.com on Sun, Nov 15th, 2009 at 5:51 PM

Is it true that you also have to drink a glass of water before each time you have the main meals (lunch and dinner)?

 fnmwazha@yahoo.co.uk on Mon, Nov 30th, 2009 at 6:13 PM

I always heard that one should drink water 30 minutes after eating. With this water therapy I don't understand why it has to be two hours? Please explain!

 arsenio.cataman@yahoo.com on Sat, Dec 5th, 2009 at 1:02 PM

Thanks for this information! it is really very good!

 jawwadhaider700@hotmail.com on Fri, Jan 15th, 2010 at 11:18 PM

I have been using water therapy for many years. I found this therapy very effective. I started it as in Islam our prophet has advised to do so and he is never wrong. What so ever Islam has told humans to practice, science is proving it correct today.

Related Questions

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